

The Village Charter School

June 2018 Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

take time for
**school
BREAKFAST**



NUTRITION NEWS:

Did you know June is National Dairy Month? Dairy is important because it contains nine essential nutrients, including vitamin D and calcium. Try to get three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach salad. We've got you covered at lunch as your meal always comes with a milk option.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>enjoy your</i> Summer Vacation!				
4 Whole Grain Donut Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	5 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	6 Sausage, Egg & Cheese on a English Muffin Assorted Fruit 100% Fruit Juice Milk Selection	7 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	8 Half Day Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection
11 Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Selection	12 Mini Cinnis Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	13 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	14 Assorted Cereal Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	15 Apple Frudel with Graham Crackers Chilled Fruit Low-fat or Fat-free Milk Selection
18 Egg & Cheese Biscuit Assorted Fruit 100% Fruit Juice Milk Selection	19 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	20 Half Day Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	21 Half Day Breakfast Burrito with Salsa Assorted Fruit 100% Fruit Juice Milk Selection	22 Half Day Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection
25 LAST DAY OF SCHOOL Assorted Cereal Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	26	27	28  FUN and SUN	29

MENU SUBJECT

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Please Visit: www.maschiofood.com


Maschio's
Food Services, Inc.
"This institution is an equal opportunity provider"